WHAT IS CLAIMED IS:

1. An ink jet head, which comprises a plurality of chambers being in communication with nozzle apertures and an ink chamber for supplying ink to the chambers, and which changes the capacity of the chambers to discharge ink contained in the chambers through the nozzle apertures, the ink jet head being characterized by a passage forming member having an ink supply passage constituting a part of a passage connecting an ink storage means storing ink therein to the ink chamber, the passage forming member having at least one communicating passage capable of discharging the ink from the ink chamber.

2. An ink jet head according to claim 1, characterized in that the communicating passage is formed in each of regions in proximity to both ends of the ink chamber in a longitudinal direction thereof.

3. An ink jet head according to claim 1, characterized in that the communicating passage has a check valve permitting only a flow from the ink chamber to outside.

4. An ink jet head according to claim 1, characterized in that the communicating passage is sealed by securing a cap member to the passage forming member through an O-ring.

5. An ink jet head according to claim 1, characterized in that a filter is provided between the ink supply passage and the ink

chamber, and ink is supplied from the ink storage means to the ink chamber through the filter.

Sub A6

6. An ink jet recording apparatus having an ink jet head according to claim 1, characterized by absorbing means connected to the communicating passage, the absorbing means absorbing the ink in the ink chamber through the communicating passage.

7. A head dust removing method for removing dust in a passage of an ink jet head which comprises a plurality of chambers being in communication with nozzle apertures, an ink chamber for supplying ink to the chambers, and a plurality of communicating passages capable of discharging the ink from the ink chamber, the method being characterized by:

a stirring step of absorbing the ink in the ink chamber through the communicating passages with different timings and stirring the ink in the ink chamber; and

a discharge step of absorbing ink including dust in the ink chamber and discharging the same to outside.

8. A head dust removing method according to claim 7, the method being characterized in that the communicating passages are formed in respective regions corresponding to both ends of the ink chamber in a longitudinal direction thereof, and the stirring step comprises absorbing the ink in the ink chamber through the communicating passages alternately.

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